

# PLAIN COOKERY RECIPES

FOR USE IN

THE YORK BOARD SCHOOLS.

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2010  
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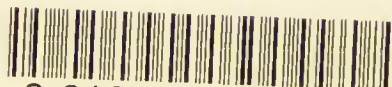
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Cat. PLAIN COOKERY RECIPES



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## SOUPS.

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### 1. Lentil Soup.

$\frac{1}{2}$ lb. Lentils.	2 quarts Cold Water.
2 Cloves.	2 Onions.
1 Carrot.	$\frac{1}{2}$ Turnip.
1 oz. Dripping.	Bunch of Sweet Herbs.
Pepper and Salt.	Thyme, Parsley & Marjoram.

Wash the lentils and let them soak for 12 hours in the given quantity of water. Place them in a pan, bring to a boil, skim, and simmer slowly; meanwhile clean and slice the vegetables and fry them in the dripping, tie the herbs in muslin, add all to the soup; season and simmer slowly for  $2\frac{1}{2}$  or 3 hours. Now pour and squeeze through a hair sieve (or a colander). Warm up and the soup is ready.

### 2. Peas Soup.

1 lb. Split Peas.	5 pints Stock (made from
2 Carrots.	1 Turnip. [bones).
2 or 3 Onions.	2 pieces of Celery.
Pepper and Salt.	

Soak the peas in cold water all night, drain all the water away, put them and the stock into a pan, bring to a boil and skim, stew for 2 hours, cut the vegetables into nice pieces, add them to the soup with seasoning, and simmer for 2 hours longer. Mix  $\frac{1}{2}$  tablespoonful of dried mint with a little hot soup, and stir into it just before serving.

### 3. Bone Stock.

Take 2 or 3 pennyworth of bones, place them in a deep stew-jar, and add about 4 or 5 qts. of cold water, bring to a boil, skim, and allow it to simmer gently for about 12 hours. Strain and when cold remove the fat and it is ready for use.

### 4. Haricot Soup.

1 lb. Haricot Beans.	5 pints Cold Water.
$\frac{3}{4}$ pint Milk.	2 Onions.
1 Carrot.	1 Turnip.
2 pieces of Celery.	Pepper and Salt.

Soak the beans over night in cold water, then place them in a pan with the above quantity of water, bring to a boil, skim, add the vegetables cleaned, and cut into small pieces, and simmer the whole for 3 hours. Then pass through a hair sieve, add the milk made warm, season, and the soup is ready.

### 5. Sheep's Head Broth.

1 Sheep's Head.	3 quarts Cold Water.
1 or 2 Carrots.	2 or 3 Onions.
3 Potatoes.	3 pieces of Celery.
4 Leaves of Sage.	2 tablespoonfuls of Oatmeal.
$\frac{1}{2}$ teacup of Rice or Pearl Barley.	Salt and Pepper.

Wash the head well in salt and cold water. Remove the nose bones, lay in cold water for 1 hour (remove the brains first and soak them), tie the brains up in muslin with the sage leaves. Place the head in the given quantity of water, bring to a boil and skim. Cut the vegetables into dice, add to the pan with the rice and barley (washed), season and simmer 3 hours. When it has simmered 2 hours add the brains, also the oatmeal mixed with cold water. Remove the head and carefully take off all meat. Skin and split the tongue, arrange on a small dish. Chop up the brains, add salt and pepper, put them in the split tongue and serve with parsley sauce.

### 6. Scotch Broth.

1 lb. Shin of Beef.	1 lb. Neck of Mutton.
2 Carrots.	2 Turnips.
2 or 3 Onions.	2 oz. Pearl Barley.
2 or 3 pieces of Celery.	A little chopped Parsley.
3 quarts of Cold Water.	Pepper and Salt.

Put the meat into a pan with the barley (washed). Peel and cut up the turnips, onions, and carrots; when the meat has boiled about 1 hour add the vegetables, and simmer gently for  $1\frac{1}{2}$  hour longer. Add salt and pepper and the soup is ready.

### 7. Vegetable Soup.


2 quarts of Stock (made from bones).	2 oz. Sago or Pearl Barley.
1 Carrot.	1 small Onion.
2 pieces of Celery.	1 Turnip.
	Salt and Pepper.

Make the stock the day before, either from fresh or cold meat bones. Take all fat from the top of the stock and bring to a boil,

# Emulsion

1 bottle Cod Liver Oil	-	8
1 tin Nicotina. Malt	-	2
1 <sup>o</sup> lime water	-	1 <sup>o</sup>
1 <sup>o</sup> oil almonds	-	1 <sup>o</sup>
1 <sup>o</sup> Glycerine	-	1 <sup>o</sup>
1 teaspoonful Carbonate Soda	-	
Mix all together		71

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cut the vegetables very small and add them to the soup. Soak the sago or barley in a teacup full of water for 1 hour, add it to the soup about an hour before it is ready. Season and serve.

8.

### Mutton Broth.

*For Invalids.*

1 lb. Scrag End of Neck of Mutton.	
3 quarts of Cold Water.	1 small Onion.
$\frac{1}{2}$ Turnip.	1 „ Carrot.
1 oz. Pearl Barley.	A sprig of Parsley.

Joint the meat, place it in a pan with the water, bring to a boil and skim. Now add the barley washed and the vegetables cut up and tied in a piece of muslin, simmer gently for from  $2\frac{1}{2}$  to 3 hours.

## FISH.

9.

### Boiled Fish.

Have a pan of warm water *not* boiling, add as much salt as will taste it. (For white fish put a tablespoonful of lemon juice or vinegar). Bring to a boil, skim, and allow it to simmer *very slowly*. Allow  $\frac{1}{4}$  hour to each lb., and a  $\frac{1}{4}$  hour over, but the time depends very much upon the thickness of the fish. If you have not a proper fish kettle, place the fish on an old plate or saucer and tie it in a cloth before putting it in the water. Always cook fish slowly or it will break.

10.

### Fried Fish.

1 Place or Sole.	Pepper.
Flour.	Salt.
Milk.	Fat for frying.

Fillet the fish, wash, and skin the fillets, cut in two or three pieces, dip each piece first in milk, then in a mixture of flour, pepper, and salt. Make some dripping (about 2 oz.) hot in a pan, place some of the fillets in and fry brown. Be sure the fat is smoking hot, and do not put too many fillets in at once. When done drain on soft paper, remove to a hot dish and garnish with a little parsley. Serve with plain melted butter, parsley, or anchovy sauce.

11. **Baked Stuffed Fish.**

1 Fresh Haddock.	1 tablespoonful Chopped
1½ oz. Suet.	Parsley.
½ teaspoonful Thyme.	½ teaspoonful Marjoram.
Salt, Pepper.	Milk, Dripping.
3 ozs. Bread Crumbs.	

Clean, scrape, and wash the fish, take out the eyes. Soak the bread until quite soft in the milk, and add the chopped suet, herbs and seasoning, stuff the fish with this, and fasten with a skewer, twist the tail through the eye-holes and dredge with flour. Place the fish in a tin with the dripping, baste well, allowing a  $\frac{1}{4}$  hour to each lb., and  $\frac{1}{4}$  hour over. Serve with parsley sauce.

12. **Fish Baked in Milk.**

1 Fresh Haddock.	$\frac{3}{4}$ pint Milk.
1 small tablespoonful Flour.	$\frac{1}{2}$ oz. Butter.
1 small tablespoonful	Salt.
Parsley (chopped).	

Wash and clean the haddock, put the tail through the eye-holes, fasten with a skewer. Place in a dripping tin, pour on  $\frac{1}{4}$  pint of milk, add the butter, and put a piece of greased paper over it. Bake in the oven, giving a  $\frac{1}{4}$  hour to each lb. Mix the flour with a little of the cold milk, put the rest into a pan, when it boils pour it over the flour, return to the pan, stir until it boils, now add the milk in which the fish has been basted, and the parsley and salt. Dish up the fish and pour round it the sauce.

13. **Fish Cakes.**

$\frac{1}{2}$ lb. Cooked Fish.	6 oz. Mashed Potatoes.
1 oz. Butter.	Salt, Pepper, Mace.
1 Egg.	Bread Crumbs.

Remove all skin and bone from the fish, beat it up, and add it to the potatoes. Add the butter (melted), season, make into cakes, dip in egg, then in bread crumbs, and fry in hot dripping.

14. **Fish Fried in Batter.**

2 lbs. Fish (cod or ling).	3 tablespoonfuls Flour.
1 Egg.	2 tablespoonfuls Bread
$\frac{1}{4}$ pint Milk.	Crumbs.
Salt and Pepper.	Fat for frying.

Wash the fish, remove the skin and bone and cut into pieces. Mix bread crumbs and flour together, beat the egg and stir into the flour with the milk, let it stand for  $\frac{1}{2}$  hour. Dip in piece of fish and fry in hot dripping.







15. **Fish Pudding.**

$\frac{1}{2}$ lb. Scraps of Cold Fish.	1 oz. Butter.
1 oz. Flour.	$\frac{1}{2}$ pint Milk.
Salt, Pepper.	A little Mace or Grated
A few Mashed Potatoes or	Nutmeg.
A few Brown Bread Crumbs	

Mix the flour with a little of the milk, boil the rest of the milk and pour it on to it, return to the pan, stir until it boils, add the butter and season it; grease a pie dish, put the fish and sauce in layers in it, put a few mashed potatoes or brown bread crumbs on the top, and put in the oven to get quite hot. Do not break the fish up more than necessary.

**JOINTS, &c.**16. **Roast Meat.**

Place the joint (beef or mutton) near the fire (which must be clear and bright) for the first 10 or 15 minutes, this will harden the albumen on the outside and prevent the gravy from escaping; baste the meat frequently with the fat which comes from it. Allow time for cooking  $\frac{1}{4}$  hour for each pound and  $\frac{1}{4}$  hour over. Veal and pork require 20 minutes for each lb. and 20 minutes over.

17. **To Bake Meat.**

Melt some fat in a dripping tin, place the meat in it, put it in the hottest part of the oven for the first quarter of an hour. Baste very frequently. Allow time as for roasting.

18. **Gravy.**

When the meat is sufficiently cooked, remove it on to a hot dish. Pour all the fat from the tin, and dredge a little flour in, add some hot water or stock, with a little salt, scrape the tin well to get all the brown off, and boil up in the oven.

19. **Grilled Chop or Beef Steak.**

Place a clean gridiron over a clear fire, grease the bars a little; lay the chop or steak upon it, let it cook for 2 minutes, then turn

it over to cook the same length of time on the other side, turn it every 2 or 3 minutes until done. A large chop will take 15 minutes to cook, a small one 10 minutes. Always turn the meat with a knife and spoon, never prick a chop or steak with a fork or the gravy will escape. Serve on a hot dish with a bit of butter melted on.

20.

### Boiled Meat.

Put the meat into boiling water to harden the albumen on the outside, and so keep in the goodness of the meat. Let it boil fast for the first 10 or 15 minutes, according to the size of the joint, then let it simmer gently for the rest of the time it is cooking. Allow 15 or 20 minutes for every pound of beef or mutton, from 20 to 30 for veal or pork, according to the thickness of the joint. The liquor should be saved for soup or stock. Boil with the pan lid on. Skim occasionally.

21.

### Liver and Bacon.

1 lb. Liver.  
2 ozs. Dripping.  
 $\frac{3}{4}$  pints Water.

$\frac{1}{2}$  lb. Bacon.  
 $\frac{1}{2}$  tablespoonful Flour.  
Salt and Pepper.

Slice the liver, dredge with flour, and fry in the dripping. When well browned place in a stew jar or pan, rinse out the frying pan with water, and pour it over the liver, simmer  $\frac{1}{2}$  hour. Mix the flour with a little cold water, stir into the gravy, season, bring to a boil and it is ready. Slice and fry the bacon and put round the dish.

22.

### Pig's Fry.

1 lb. Fry.  
1 tablespoonful Flour.

2 ozs. Beef Dripping.  
2 large Onions.

Pepper and Salt.

Cut the fry into slices, put half the flour upon a plate, mix some pepper and salt in it, roll each piece of fry in it, put the dripping into a clean frying pan to get hot, lay each piece of meat carefully in it, and fry a light brown on both sides, lift the meat on to a hot dish. Peel and slice the onions and cook them in the frying pan until brown. Mix the rest of the flour in a cup with a little cold water to a smooth paste, pour on some boiling water, add pepper and salt, pour this into the pan, stir until it boils, then put the meat back to warm up again.

23.

**Roast Rabbit.**

1 Rabbit.	3 ozs. Bread Crumbs.
$1\frac{1}{2}$ oz. Suet.	1 tablespoonful Chopped Parsley.
$\frac{1}{2}$ teaspoonful Dried Thyme.	1 Egg. [necessary).
Salt and Pepper.	2 tablespoonfuls Milk (if
3 ozs. Dripping.	

In skinning the rabbit leave the ears on, remove the inside and wash it well, wipe it with a clean cloth. Mix the bread crumbs, suet, herbs, seasoning, and egg together, if rather dry add the milk. Stuff the inside of the rabbit with the force meat, sew it up or fasten with a skewer; truss it by drawing the fore legs straight down the side, then the hind legs the same, pass a skewer through both, then through the body, taking the legs at the other side; fasten the head well up by means of a skewer put in at the mouth through the neck and so into the body. Place it in a tin with the dripping, dredge with flour before baking. Baste very well while cooking. Bake a medium sized rabbit about 1 hour. When the rabbit is ready remove it on to a hot dish, and pour the fat from the tin; pour in  $\frac{1}{2}$  pint of stock or milk, add salt and let it boil up, mix a good teaspoonful of flour with a little cold water, pour the hot gravy on to it, boil up and serve round the rabbit.

24.

**Stewed Rabbit.**

1 Rabbit.	1 Medium sized Onion.
A sprig of Thyme and Parsley.	2 Cloves.
1 oz. Dripping.	$\frac{3}{4}$ pint Water.
	$\frac{1}{2}$ teaspoonful Flour.
	Salt and Pepper.

Clean the rabbit, wash it, cut it into joints. Slice and fry the onion in the dripping, place the onion, rabbit, herbs, and cloves in a pan, pour on the water, bring to a boil and simmer for about  $1\frac{1}{2}$  hour. Mix the flour with a little cold water, stir into the gravy, add salt and pepper, allow it to boil and the rabbit is ready. Serve with bacon.

25.

**Lancaster Stew.**

1 lb. of Beef for stewing.	1 oz. Dripping.
$\frac{3}{4}$ pint Cold Water.	1 Onion.
$\frac{1}{2}$ tablespoonful Flour.	Salt and Pepper.

Cut the meat into pieces 2 inches square, slice and fry the onion in the dripping. Now put the water and meat into a stew-jar. Simmer  $2\frac{1}{2}$  hours, mix the flour with a little cold water, stir it into the gravy, season, and when it has boiled well it is ready.

26. **Brazilian Stew.**

2 lbs. of Stewing Beef.	1 pint Water.
$\frac{1}{2}$ tablespoonful Vinegar.	2 Onions.
$\frac{1}{2}$ tablespoonful Flour.	2 Cloves.
Salt and Pepper.	

Cut the meat into pieces about 2 inches in size, place in a stew jar with vinegar, the onion stuck with cloves, and the water bring to a boil, simmer slowly for  $2\frac{1}{2}$  hours. Mix the flour with a little cold water, stir the gravy on to it, allow to boil well and then dish up the stew. If liked, vegetables may be boiled and served on the same dish.

27. **Cold Meat Patties.**

$\frac{1}{4}$ lb. of Cooked Meat, finely chopped.	2 or 3 tablespoonfuls of Gravy.
$\frac{1}{2}$ an Onion.	Salt and Pepper.
1 oz. Bread Crumbs.	

Soak the bread in the gravy for a few minutes, chop the onion, mix all the things together, adding a little more gravy if necessary. Line small tart tins with the paste, put a little of the mixture into each, cover with the paste and bake from 25 to 30 minutes in a quick oven.

28. **Irish Stew.**

2 lbs. of Scraps of Beef, Mutton, or Neck of Mutton.  
2 lbs. Potatoes, weighed after peeling.  
 $1\frac{1}{4}$  Pints of Water, 2 Onions.  
Flour, Pepper and Salt.

Cut the meat into pieces and trim it, roll it in flour, now place it in a pan, peel and slice the onions, put them on the top of the meat, pour on the water, cover closely down and simmer gently, meanwhile peel and half boil the potatoes, cut them into slices rather thick, put on the top of the meat, after it has been cooking an hour, simmer gently from  $\frac{3}{4}$  to 1 hour longer, then dish up. Sliced carrot may also be used, but it should be put on the meat in the first instance.

29. **Haricot Mutton.**

2 lbs. of Mutton.	1 Carrot.
1 Pint of Water.	1 Onion.
Salt, Pepper.	-1 Turnip (small).
$\frac{1}{2}$ Tablespoonful Flour.	



cold meat patties



Cut the mutton into chops, trim and fry them in 1 oz. of dripping, remove into a pan and fry the onions, cut the carrots and turnips into small pieces [], add them to the mutton with the water (warmed) and simmer for  $1\frac{1}{2}$  hour. Now mix the flour with a little cold water, stir into the gravy, bring to a boil, season and dish up.

### 30. Meat and Potato Pie.

1 lb. of Meat.  
Salt, Pepper.

6 Potatoes (medium size).  
Cold Water, Pastry.

Cut up the meat into small pieces, put a piece of fat in each, roll up, dip in flour, place them in a stew jar, nearly cover with cold water, stew gently for 1 hour. When the meat is cooked place it in a pie dish. Wash, peel very thinly the potatoes, put them in a steamer and steam 10 minutes, slice and place them on the top of the meat, season and half fill the dish with the stock the meat has been stewed in, cover with paste and bake 1 hour. When the pie is ready add a little hot water or gravy.

### 31. Beef Steak Pudding.

1 lb. of Steak.  
Salt, Pepper.

$\frac{1}{4}$  lb. Beast Kidney.  
Flour.

Cut the steak into thin strips, place a small piece of fat in each, roll up, dip in flour, line a well greased basin with suet crust, put in the steak and small pieces of kidney, season each layer, then add about 2 tablespoonfuls of cold water, cover with a lid of pastry, then with a floured cloth or greased paper, and steam 3 hours.

### Pastry.

6 ozs. of Flour, 3 ozs. Suet, Salt and Cold Water.

### 32. Savoury Mince.

$\frac{1}{2}$  lb of Cooked Meat.  
1 oz. of Dripping.  
 $\frac{1}{2}$  tablespoonful Flour.

1 small Onion.  
 $\frac{1}{2}$  pint Stock (from bones).  
Salt and Pepper.

Chop the meat and onion, fry the onion in dripping, now add the stock, meat, and seasoning, let it simmer very gently for  $\frac{1}{2}$  hour. Mix the flour with a little cold water, stir it into the gravy until it boils, and now dish up in a ring of potatoes.

33.

**Leicester Stew.**

1 lb. Beef.  
 $\frac{1}{2}$  lb. Kidney.  
 Salt and Pepper.

$\frac{1}{2}$  lb. Spanish Onions.  
 1 Carrot.  
 A tablespoonful Vinegar.  
 Celery.

Cut the meat and kidney into pieces, wash and slice the onions and celery, scrape and cut into small pieces the carrot, put them in alternate layers into a stew jar or pie dish, pour on the vinegar and  $\frac{1}{4}$  pint of cold water. Cover the dish and stew very slowly  $2\frac{1}{2}$  hours.

34

**Cornish Pasties (Beef).**

$\frac{1}{4}$  lb. Beef.  
 $\frac{1}{4}$  lb. Potatoes.

$\frac{1}{2}$  teaspoonful Salt.  
 $\frac{1}{4}$  teaspoonful Pepper.

A very little finely chopped Parsley.

Cut up the beef and potatoes into small squares, mix with them pepper, salt and parsley. Make a short pastry of  $\frac{1}{2}$  lb. flour. Roll out and cut into six or eight rounds; fill the centre with the mixture, wet the edges, fold over three-corner ways, fasten firmly; bake about half-an-hour.

35.

**Shepherd's Pie.**

$\frac{1}{2}$  lb. Cooked Meat.  
 $\frac{1}{4}$  pint Gravy.

1 Onion (medium sized).  
 Pepper, Salt, Mashed Potatoes.

Chop the meat and onion finely, mix them well together and add the gravy. Mash the potatoes with a little salt, hot milk and  $\frac{1}{2}$  oz. butter. Put the meat in a pie dish, and cover it with mashed potatoes. Put a little butter or dripping on the top and bake a nice brown.

36.

**Cold Meat Rissoles.**

$\frac{1}{2}$  lb. Cooked Meat.  
 1 Egg.  
 1 teaspoonful Parsley.

$\frac{1}{4}$  lb. Bread Crumbs.  
 1 small Onion.  
 Pepper, Salt, and Gravy.

Chop the meat, onion, and parsley finely, beat the egg, soak the bread in cold water, drain all the water away and beat it up with a fork, add all the ingredients together and moisten with the egg and as much gravy as will enable you to make it up into cakes. Dredge with flour or roll in egg or bread crumbs and fry in hot dripping a nice brown. Serve with gravy made from bones of meat.







### 37. Cold Meat Omelet.

$\frac{1}{2}$ lb. Cooked Meat.	$\frac{1}{2}$ pint Milk.
$\frac{3}{4}$ tablespoonfuls Flour.	1 Egg. [(chopped).]
1 Onion (minced).	$\frac{1}{2}$ tablespoonful Parsley
$\frac{1}{2}$ teaspoonful B. Powder.	Pepper and Salt.

Chop the meat, beat the egg, add the milk to it, and stir them smoothly into the flour, add salt and let it stand for  $\frac{1}{2}$  hour. Now stir into it the meat, onion, parsley, and seasoning. Make a little dripping hot in a pie-dish, pour in the mixture and bake about 40 minutes, then turn out and serve with gravy which can be made from the bones of the meat.

## VEGETABLES.

### 38. Boiled Potatoes.

Choose the potatoes as nearly as possible one size, brush off the dirt and pare as thinly as possible, and put them at once into cold water to keep them a good colour. Put them into boiling water, to which has been added sufficient salt to make it taste, boil fast for a few minutes, then cook slowly until done. Try them with a skewer, if it pierces them easily they are ready. Drain at once, shake the pan and hold them in front of the fire to dry, or put a clean cloth over them and stand the pan on the side of the fire for about 10 minutes.

### 39. To Steam Potatoes.

Prepare as for boiling, put them in a steamer and sprinkle with a little salt. Let the water boil fast, and keep the lid closely on. They take rather longer to steam than boil.

Dry as directed for boiled potatoes.

### 40. Baked Potatoes.

Brush them well in 2 waters, dry them and put them in a moderate oven, turn them frequently, and when half cooked pierce them with a skewer to allow the steam to escape. Bake 1 or 2 hours according to size.

### 41. To Boil Cauliflower.

Choose a cauliflower that is close and white. Take off any withered leaves and cut the stalk as close as possible, then cut it twice across. Put it into a bowl of cold salt and water head downwards, and let it remain half-an-hour. Now put it into a pan of boiling water (sufficient water to cover the cauliflower),

put in a dessert spoonful of salt to a gallon of water, put the cauliflower head downwards. Cook with the lid off from 20 to 30 minutes, or until the stalk is tender. Lift the cauliflower carefully out and place it in a tureen. Cover with melted butter.

#### 42. **Cabbage, to Boil.**

Remove all the withered leaves, and wash well in several waters, then leave it in cold salt and water for half-an-hour. Cut in two or four, place in a pan of boiling salt and water, add about a saltspoonful of carbonate of soda. Boil quickly with the lid off. When it is done strain through a colander, pressing the water from them thoroughly. Time about  $\frac{1}{2}$  hour.

#### 43. **Brussels Sprouts.**

Remove dead leaves, wash them in cold salt and water, boil them in plenty of boiling water, with a little soda and salt. When done strain, allow to dry, and serve quite hot.

#### 44. **Mashed Turnips.**

Take the quantity you require and pare the skin *very thickly*. Wash them and cut them into four, put them into a pan of boiling water, add salt and cook until tender. Drain the water away and mash with a wooden spoon or rub through a wire sieve. Add a little butter, pepper, and milk (made hot), mix thoroughly, warm up in the pan for a few minutes, and put them into a hot tureen.

#### 45. **French Beans.**

Take the beans and cut off a small piece from each end, remove the strings from each side, then cut the beans into strips slanting lengthwise, throw them into cold salt and water. Put them into boiling water, add salt and a pinch of carbonate of soda, cook for twenty minutes or until tender, without the lid, strain through a colander and put them in a tureen. Melted butter served with them, but separately.

#### 46. **Colcannon.**

Equal quantites of Cabbages (boiled) and Cold Potatoes.

1 oz. of Nice Dripping or	1 Onion (boiled).
Butter.	Salt and Pepper.
A few Bread Crumbs.	

Chop the cabbage and mix well with the potatoes, add the butter (melted) and the seasoning, and chopped onion. Well grease a basin, sprinkle with bread crumbs, press the mixture into it, bake for about  $\frac{1}{2}$  hour, then turn out.







## PUDDINGS.

### 47. Yorkshire Pudding.

3 tablespoonfuls Flour		$\frac{1}{2}$ pint Milk.
1 Egg.		A pinch of Salt.

Dripping.

Mix the flour and salt together, beat the egg and add the milk to it, pour it very gradually upon the flour, mix thoroughly. Let it stand  $\frac{1}{2}$  hour. Make some dripping hot in a tin, pour in the pudding and bake about  $\frac{1}{2}$  hour. Cut into squares, and serve with gravy.

### 48. Savoury Pudding.

$\frac{1}{2}$ lb. Bread Crusts.		3 ozs. Suet.
2 tablespoonfuls Oatmeal		1 or 2 Onions.
1 tablespoonful Dried Sage.		1 Egg.
$\frac{1}{4}$ pint Milk.		Pepper and Salt.

Soak the bread in cold water for 1 hour, drain all the water away and beat it up well, now add the chopped onion, suet, oatmeal, sage and seasoning, beat the egg and add it with the milk. Make about 1 oz. of dripping hot in a tin, pour in the mixture and bake for  $\frac{3}{4}$  hour. Let it stand 5 minutes, then cut into squares and serve with gravy. The pudding will be richer if the bread is soaked in milk instead of water.

### 49. Sago Pudding.

2 ozs. Sago.		$1\frac{1}{2}$ tablespoonful Sugar.
1 pint Milk.		1 Egg, Salt.

Soak the sago in water for 1 hour. Drain all the water away, and place the sago in a pan with the milk, bring to a boil, and simmer 20 minutes, now add the sugar and salt, and when cool the beaten egg, turn into a greased pie dish and bake  $\frac{1}{2}$  hour in a slow oven.

### 50. Steamed Fruit Pudding.

$\frac{1}{2}$ lb. Flour.		3 ozs. Suet.
$\frac{1}{2}$ teaspoonful B. Powder.		$\frac{1}{2}$ teaspoonful Salt.

Fruit.

Chop the suet finely and add it with the baking powder and the salt to the flour, mix to a stiff paste with cold water, roll out. Line a greased basin with the paste. Put in the fruit with a little sugar, cover with a lid of paste. Cover with greased paper, steam 2 hours.

### 51. Bread and Butter Pudding.

Cut some thin slices of bread and butter and place them in a greased pie dish, sprinkle each slice with a few currants, and little chopped candied peel, and sugar (a very little nutmeg may be added). Beat an egg and add about  $\frac{3}{4}$  pint of milk to it, pour this over the pudding and let it stand for a little while. Put a plate over and bake in a moderate oven.

### 52. Bird Nest Pudding.

$1\frac{1}{2}$ pint Water.	3 ozs. Tapioca or Sago.
6 Apples.	Sugar.

Stew the tapioca in the water. Peel and core the apples and place them in a pie dish, fill with sugar the centre of the apples, add a little sugar to the tapioca, pour it over the apples and stew in the oven until the apples are tender.

### 53. Treacle Suet Pudding.

$\frac{1}{2}$ lb. Flour.	3 ozs. Suet.
$\frac{1}{2}$ teaspoonful B. Powder.	Treacle, Bread Crumbs.
Salt.	Lemon Juice.

Chop the suet and add it with the B. powder and salt to the flour, mix to a stiff paste with cold water, roll out, line a greased basin with it, add a tablespoonful of treacle, a few bread crumbs, and a few drops of lemon juice, then put a piece of paste over and repeat the layers until the basin is filled up. Cover with paste and a greased paper and steam  $2\frac{1}{2}$  hours.

### 54. Rice Pudding.

1 pint Milk.	$1\frac{1}{2}$ ozs. Rice.
$1\frac{1}{2}$ tablespoonful Sugar.	$\frac{1}{4}$ teaspoonful Salt.

Grease a deep pie dish, put in the rice, sugar, and salt, pour on the milk, and bake in a moderate oven  $1\frac{1}{2}$  hour.

### 55. Swiss Pudding.

6 ozs. Bread Crumbs.	3 ozs. Suet.
1 lb. Apples.	3 ozs. Sugar.
1 oz. Butter.	

Peel and core the apples, slice them in a pan with half the sugar, and  $\frac{1}{2}$  teacup of cold water to prevent them burning, stew until tender, mix the crumbs, suet, and the rest of the sugar together. Grease a pie dish with some butter, lay a layer of bread crumbs at the bottom, then a layer of apples and so on



until all the ingredients are finished, ending with a layer of bread crumbs. Place the rest of the butter on the top and bake for about 40 minutes.

## 56. Wakefield Pudding.

(Red Currants, Billberries, or Raspberries are best.)

Cut some very thin slices from a stale loaf, trim, cut off the crusts, and line a plain basin with the bread. Stew some fruit with as much sugar as will sweeten it (it should be rather liquid), then pour in some hot fruit, then more bread and so on until the basin is full. Put a plate with a weight on over it, and let it stand until cold. Serve with plain custard or milk.

## 57. Vegetable Plum Pudding.

4 ozs. Flour.	4 ozs. grated Carrot.
2 ozs. Currants.	4 ozs. grated Potato.
2 ozs. Raisins.	4 ozs. Suet (chopped).
4 ozs. Sugar.	$\frac{1}{4}$ of a grated Nutmeg.
1 oz. Candied Peel.	$\frac{1}{4}$ teaspoonful gr. Cinnamon.
$\frac{1}{2}$ teaspoonful Salt.	1 Egg, a very little Milk.

Mix the flour and suet together, then add the rest of the things, put in the beaten egg and milk last, beat very well, turn into a greased basin, cover with a greased paper, and steam 3 hours.

## 58. Pan Cakes.

$\frac{1}{4}$ lb. Flour.	$\frac{1}{2}$ pint Milk.
1 Egg.	$\frac{1}{2}$ teaspoonful Salt.
A little Dripping.	

Beat the egg, add the milk to it, and stir it smoothly into the flour, add the salt and let it stand for  $\frac{1}{2}$  hour. Make a little dripping hot in the bottom of a frying pan, pour as much batter in as will cover the bottom of the tin. Fry first on one side and then on the other, roll up and sift sugar on them.

## 59. Plain Cake Pudding.

$\frac{1}{2}$ lb. Flour.	2 ozs. Lard.
1 teaspoonful B. Powder.	2 ozs. Sugar.
$\frac{1}{2}$ teaspoonful Salt.	1 Egg.
A little Milk.	

Add baking powder and salt to the flour, rub in the lard, then add the sugar, beaten egg, and as much milk as will mix to a stiff batter, beat it well for 5 minutes, then turn into a greased dripping tin, and bake about 35 minutes in a moderate oven. When it is cold, split it, put a layer of stewed apples on it, replace the 2 pieces, dust over with sugar, and it is ready.

60.

**Suet Pudding.**

$\frac{1}{2}$ lb. Flour.	3 ozs. Suet.
1 teaspoonful B. Powder.	3 ozs. Raisins or Currants.
$\frac{1}{2}$ teaspoonful Salt.	$\frac{1}{4}$ pint Milk.
2 ozs. Sugar.	

Mix all the dry things well together, mix to a stiff paste with the milk. Place in a greased basin, cover with a greased paper. Steam 2 hours.

61.

**Ginger Pudding.**

$\frac{3}{4}$ lb. Flour.	4 ozs. Suet (chopped).
2 tablespoonfuls Sugar.	$\frac{1}{2}$ lb. Treacle.
1 teaspoonful B. Powder.	1 teaspoonful G. Ginger.
1 Egg. Salt.	$\frac{1}{2}$ pint Milk (not quite).

Mix all the dry things together, melt the treacle and add it with the egg and milk, beat up well, place in a greased basin, cover with a greased paper and steam for 3 hours. Serve with sweet sauce.

62.

**Cheap Cabinet Pudding.**

$\frac{1}{2}$ pint Milk.	$\frac{1}{4}$ lb. Bread.
1 Egg.	1 tablespoonful Sugar.
A few Raisins.	

Grease a basin and stick the raisins in a pattern over it, cut the bread into small squares, beat the egg, add the milk and sugar, and allow the sugar to dissolve, now pour it on to the bread, turn into the greased basin, cover with a greased paper and steam  $\frac{3}{4}$  hour.

Hilton pudding the same, only use figs instead of raisins.

63.

**Apple Batter Pudding.**

3 tablespoonfuls Flour.	$\frac{1}{2}$ pint Milk.
1 Egg.	$\frac{1}{4}$ teaspoonful Salt.
Apples.	

Put the flour and salt into a basin, beat up the egg and add the milk to it. Now stir very gradually into the flour and let it stand 1 hour. Peel and core the apples without breaking, mix some





butter, sugar, and a little nutmeg together, and fill the apples with it. Grease a pie dish well, place the apples in, pour on the batter, and bake about 1 hour.

#### 64. Apple Fritters.

2 tablespoonfuls Flour.	1 teaspoonful Sugar.
1 Egg.	$\frac{1}{4}$ teaspoonful B. Powder.
A little Milk.	A pinch of Salt.

Add the baking powder and salt to the flour, then the egg, and sufficient milk to make a cream, beat very well and allow to stand as long as possible. Take some good sized apples cut into rings with a small plain cutter, lay them in the batter, entirely cover them, plunge into hot fat, and when a nice brown drain on soft paper and cover thickly with castor sugar.

#### 65. Leicester Pudding.

$\frac{1}{2}$ lb. Flour.	$\frac{1}{4}$ lb. Suet (finely chopped).
2 tablespoonfuls Sugar.	1 teacup Raspberry Jam.
1 small teaspoonful Car.	$\frac{1}{2}$ small teaspoonful Salt.
Soda.	Not quite $\frac{1}{2}$ pint of Milk.

Mix the flour, sugar, and suet together. Now add the jam, milk, and lastly the soda. Well grease a basin, turn the pudding into it, cover with greased paper and steam for 3 hours. Serve with custard.

## PASTRY.

#### 66. Plain Short Pastry.

$\frac{1}{2}$ lb. Flour.	$\frac{1}{4}$ teaspoonful Salt.
3 ozs. Lard or Dripping.	$\frac{1}{2}$ teaspoonful B. Powder.

Add the baking powder and salt to the flour. Now rub in the lard very lightly with the hands. Add sufficient water to form a stiff paste. Now roll out about twice and it is ready. Short pastry should always be mixed stiffly.

#### 67. Flakey Pastry.

$\frac{1}{2}$ lb. Flour.	$\frac{1}{2}$ teaspoonful B. Powder.
$\frac{1}{4}$ lb. Lard.	$\frac{1}{4}$ teaspoonful Salt.



Add the baking powder and salt to the flour. Divide the lard into two parts, rub in one half very lightly with the hands. Now mix to a paste with cold water, flour the board and roll out the pastry. Put on one half the remainder of the lard in small pieces, sprinkle with flour, fold in three, and turn the open edges towards you; roll out again, place the remainder of the lard on, sprinkle with flour, fold in three again and roll, put the pastry away for at least  $\frac{1}{2}$  hour in a cool place, roll once more and it is ready. Bake in a quick oven.

### 68. Ground Rice Cheesecakes.

2 Eggs.	3 ozs. Sugar.
4 ozs. Ground Rice.	3 ozs. Butter.
5 drops of Essence of Almonds.	

Melt the butter, add the sugar, the beaten eggs, ground rice and flavouring, stir all one way until mixed; it is then ready to put into the tartlet tins lined with pastry.

### 69. Lemon Cheesecake Mixture.

2 ozs. Butter.	3 ozs. Sugar.
2 Eggs.	Rind and Juice of Lemon.

Melt the butter in a pan, add the sugar, eggs (well beaten), the lemon rind grated and juice, stir over the fire until it thickens.

### 70. Cheap Mince Meat.

$\frac{1}{4}$ lb. Currants.	$\frac{1}{4}$ lb. Sultana Raisins.
2 ozs. Suet.	2 ozs. Sugar.
2 ozs. Candied Peel	1 Lemon, juice and rind.
$\frac{1}{2}$ teaspoonful Ground Cinnamon.	$\frac{1}{2}$ lb. Apples.

Chop the suet, apples, and candied peel, clean the currants and raisins, mix all the ingredients well together; it is then ready for use.

### 71. Baked Custard.

2 Eggs.	1 gill of Milk (almost).
A pinch of Salt.	A little Nutmeg.
1 tablespoonful Sugar.	3 or 4 drops of flavouring.

Beat the eggs and sugar together, add salt, flavouring and milk. Line a small pie dish with pastry, stir the custard mixture well up and pour it into the paste-lined dish, grate a little nutmeg on; bake in a moderate oven until the middle is set.





72.

**Potato Cheesecakes.**

6 ozs. Mashed Potatoes.	4 ozs. Moist Sugar.
2 ozs. (melted) Butter.	4 ozs. Currants.
1 oz. Candied Peel.	2 Eggs (beaten)
7 drops Essence of Lemon.	

Line some tartlet tins with pastry, mash the potatoes smoothly, add the butter, sugar, currants, peel (cut up), eggs, and essence; mix well (stir all one way), put a teaspoonful of the mixture into each tart, bake in a hot oven.

73.

**Open Treacle Tart.**

$\frac{1}{2}$ lb. Treacle.	2 ozs. Bread Crumbs.
A little Ground Ginger.	$\frac{1}{2}$ tablespoonful Sugar.

Mix the treacle (if very stiff warm it a little), bread crumbs, ginger, and sugar together. Line a deep dish with some paste, put in some of the mixture, and bake about  $\frac{1}{2}$  hour. The juice and rind of  $\frac{1}{2}$  lemon may be used instead of the ginger, the rind to be grated into the treacle.

74.

**Cornish Pasties.**

1 lb. Pastry.	2 Eggs.
$\frac{1}{2}$ lb. Ham.	$\frac{1}{2}$ lb. Cold Potatoes.
Pepper.	Salt.

Boil the eggs 20 minutes, put them into cold water to cool, remove the shell, chop finely. The ham to be cooked and cut up small. The potatoes to be mashed. Mix the eggs, ham, and potatoes, add pepper and salt to taste, mix all thoroughly together, roll out some pastry into thin round cakes, put on some of the mixture, moisten the edge, double over and pinch the edges together with finger and thumb; cook in a hot oven.

75.

**Ground Rice Mould.**

2 ozs. Ground Rice.	2 ozs. Sugar.
1 pint Milk.	1 small Lemon.
A pinch of Salt.	

Place the rice, sugar, and salt in a basin and mix with a little of the cold milk. Put the rest of the milk into a pan with the lemon rind, and let it get hot. Strain it on to the rice, return to the pan, stir until it boils; boil well (about 10 minutes), and turn into a mould well rinsed out of cold water.

76. **Cornflour Mould.**

1 pint Milk.	2 good tablespoonfuls Corn-
2 ozs. Sugar.	1 Egg. [flour.
1 Lemon.	Pinch of Salt.

Mix the cornflour with a little cold milk, place the rest of the milk in a pan with the lemon rind (or a stick of cinnamon), and make it hot, now pour on to the cornflour, add sugar and egg (beaten), return to the pan and stir until it boils, boil well, and turn into a mould well rinsed out of cold water.

77. **Chocolate Mould.**

1 oz. grated Chocolate.	1 $\frac{1}{2}$ oz. Cornflour.
1 pint Milk.	1 $\frac{1}{2}$ oz. Sugar.

Mix the cornflour with a little cold milk. Put the rest of the milk into a pan with the chocolate, when hot, pour over the cornflour, add sugar and salt, return to the pan, stir until it boils, cook well, and turn into a mould rinsed out of cold water.

78. **Plain Custard.**

$\frac{1}{2}$ pint Milk.	1 Egg.
1 tablespoonful Sugar.	1 teaspoonful Cornflour.

Mix the cornflour with a little of the cold milk, warm the rest of the milk, and pour it on to it; add the sugar and egg well beaten, return to the pan, stir until it boils, take it off the fire and continue stirring for five minutes.

**BREAD, CAKES, &C.**79. **White Bread.**

3 $\frac{1}{2}$ lbs. Flour.	1 oz. Yeast.
1 small tablespoonful Salt.	Lukewarm Water.

Dissolve the yeast in a little lukewarm water. Warm a bowl and put the flour in it, make a hole in the centre, and pour the yeast in, sprinkle the salt round the edge of the flour, taking care that it does not touch the yeast. Let it stand for 20 minutes, then knead up with more lukewarm water to an elastic dough, work well, and set it to rise in a warm place for 1 hour. Make into loaves, place in warm greased tins, let them rise  $\frac{1}{4}$  hour. Bake in a hot oven.







80.

**Brown Bread.**

1 lb. Whole Meal.  
1 oz. Yeast.

1 lb. Flour.  
Lukewarm Milk or  
Milk and Water.

Dissolve the yeast, and proceed as in white bread.

81.

**German Tea Cakes.**

1 lb. Risen Dough.  
2 ozs. Fine Sugar.

1 Egg.  
3 ozs. Butter.

Put the dough into a large basin, add the sugar and beaten eggs, slightly warm the butter before putting it in, knead these ingredients in; flour a board and rolling pin, make a large cake about an inch thick, cut into round cakes, bake on greased tins in a hot oven, cut the cakes open while hot, spread a little raspberry jam between, put together again, and dust over with castor sugar.

82.

**Tea Cakes.**

2 lbs. Flour.  
3 ozs. Butter.  
4 ozs. Currants.

1 oz. Yeast.  
3 ozs. Sugar.  
 $\frac{1}{2}$  tablespoonful Salt.

Lukewarm Milk.

Pour  $\frac{1}{2}$  teacupful of warm water on to the yeast, then mix it well up. Rub the butter into the flour, make a hole in the centre, add a little milk to the yeast (just warm), and then stir into the hole in the flour, let it rise for 15 minutes. Now knead it up with the salt and as much more milk as will make an elastic dough, knead for 10 minutes, then set it to rise for one hour. Now warm the currants and sugar, knead them in and let it rise 20 minutes longer. Make into tea cakes, place on greased tins, let them rise for 20 minutes in a warm place and bake in a quick oven.

83.

**St. George's Hall Cake.**

$\frac{1}{4}$  lb. Butter.  
 $\frac{1}{4}$  lb. Castor Sugar.  
2 ozs. Candied Peel.  
2 Eggs. Salt.

$\frac{1}{2}$  lb. Flour.  
 $\frac{1}{4}$  lb. Currants.  
1 teaspoonful B. Powder.  
3 tablespoonfuls Milk.

Beat the butter to a cream, add the sugar, and after working well put in the eggs beaten, beat well. Now add currants, flour, peel, and milk, beat and turn into a tin lined with greased paper. Bake  $1\frac{1}{2}$  hours.

84.

**A Plain Cake.**

1 lb. Risen Dough.	4 ozs. Dripping.
4 ozs. Fine Sugar.	4 ozs. Currants.
2 ozs. Candied Peel.	1 Egg.
A few Carraway Seeds.	

Beat the eggs, warm the dripping, add these to the dough, and knead; put in the currants, peel and seeds, and knead up again until the fruit is spread about evenly in the dough; grease a tin, put in the dough, to reach only half-way up the side of the tin, let it stand to rise to top of tin and bake. The oven to be hot at first and gradually cooled.

85.

**Shrewsbury Cakes.**

$\frac{1}{2}$ lb. Flour.	$\frac{1}{4}$ lb. Butter.
$\frac{1}{4}$ lb. Sugar.	2 Eggs.
A few Carraway Seeds.	

Beat the butter to a cream, add sugar and beat well together. Now beat the egg and add it with the flour and seeds, let it stand a short time, roll out thin, and cut into biscuits. Bake on a greased tin in a cool oven.

86.

**Rock Buns.**

$\frac{1}{2}$ lb. Flour.	3 ozs. Lard.
3 ozs. Sugar.	3 ozs. Currants.
1 teaspoonful B. Powder.	A very little Milk.

Add a pinch of salt and the baking powder to the flour, rub in the lard, add the currants and sugar, then the egg well beaten, mix to a stiff paste with a little milk, drop in small pieces on a greased tin and bake in a hot oven.

87.

**London Buns.**

1 lb. Flour.	1 small teaspoonful Essence of
$\frac{1}{4}$ lb. Moist Sugar.	Lemon or Grated Rind of
2 oz. Candied Peel.	$\frac{1}{2}$ Lemon
2 teaspoonfuls B. Powder.	2 Eggs.
$\frac{1}{4}$ lb. Lard.	$\frac{1}{4}$ pint Milk (about).

Mix the baking powder and a pinch of salt well into the flour, rub in the lard, add sugar and flavouring, then the beaten egg and milk; place in small pieces on a greased tin, sprinkle with coarse sugar and bake in a quick oven for about 20 minutes.

88.

**Christmas Bread.**

2 lbs. Flour.	$\frac{3}{4}$ lb. Butter and Lard.
$\frac{1}{2}$ lb. Sultana Raisins.	$\frac{3}{4}$ lb. Sugar.
$\frac{1}{4}$ lb. Candied Peel.	1 lb. Currants.
1 oz. Yeast.	2 Eggs.
$\frac{3}{4}$ pint Milk.	$\frac{1}{2}$ tablespoonful Salt.

Dissolve the yeast in a little lukewarm water. Rub the lard and butter into the flour, make a hole in the middle and pour in the yeast, let it rise for about ten minutes, put the salt round the edge of the flour (do not let it touch the yeast), knead up with as much lukewarm milk, and the eggs as will mix it to a light dough, knead it well, now let it rise for about  $1\frac{1}{2}$  hour. Then knead in the currants, sugar, candied peel (chopped), 1 teaspoonful ground cinnamon, and  $\frac{1}{2}$  a grated nutmeg, let it rise for about  $\frac{1}{2}$  hour longer. Place in greased tins, let it rise in front of the fire  $\frac{1}{2}$  hour, and bake.

89.

**Victoria Buns.**

1 lb. Flour.	$\frac{1}{4}$ lb. Butter or Lard.
$\frac{1}{4}$ lb. Moist Sugar.	2 Eggs.
2 teaspoonfuls B. Powder.	2 ozs Sultana Raisins.
Grated rind of $\frac{1}{2}$ Lemon.	A little Milk.

Rub the butter into the flour, add sugar, baking powder, raisins, lemon rind, and eggs (well beaten), with sufficient milk to make a nice paste, make into small buns, brush over with beaten egg, place a small piece of candied peel on the top of each, and bake in a quick oven.

90.

**Ginger Biscuits.**

1 lb. Flour.	$\frac{1}{2}$ lb. Sugar.
$\frac{1}{2}$ lb. Treacle.	$\frac{1}{4}$ lb. Butter.
$\frac{3}{4}$ oz. Ginger.	1 Egg.

Rub the butter into the flour, add the sugar and ginger, then the treacle and egg well beaten, mix well, roll out thin, cut into biscuits and bake in a moderate oven.

91.

**Ginger Bread.**

$1\frac{1}{2}$ lbs. Flour.	1 lb. Treacle.
$\frac{1}{4}$ lb. Butter.	$\frac{1}{4}$ lb. Sugar.
$1\frac{1}{2}$ ozs. Ginger.	1 teaspoonful Carbonate Soda.
1 gill warm Milk.	3 Eggs.

Mix the flour, sugar, and ginger well together, warm the butter and add it with the treacle to the other ingredients, stir well,



make the milk just warm, dissolve the soda in it, and mix the whole to a smooth dough with the eggs well beaten. Put the mixture into a buttered tin and bake in a moderate oven.

92.

**Parkin.**

$\frac{1}{4}$ lb. Butter.	$\frac{1}{4}$ lb. Dripping.
1 lb. Oatmeal.	$\frac{1}{4}$ lb. Sugar.
1 lb. Flour.	$\frac{1}{2}$ oz. Ginger.
$1\frac{3}{4}$ lb. Treacle.	$\frac{1}{2}$ teacupful Milk.

Rub in the butter and dripping, add the sugar and ginger, and mix with the treacle and milk. Bake in a moderate oven in a greased dripping tin  $1\frac{1}{2}$  hours.

93.

**Scones.**

1 lb. Flour.	$\frac{1}{4}$ oz. Carbonate of Soda.
2 ozs. Sugar.	$\frac{1}{2}$ oz. Cream of Tartar.
3 ozs. Lard.	$\frac{1}{2}$ pint Milk.
$\frac{1}{4}$ teaspoonful Salt.	

Rub the lard into the flour, add salt, mix the sugar and cream of tartar on a plate and add it to the flour. Dissolve the soda in the milk and mix the flour to a paste with it; roll out about 1 inch thick, cut into triangles. Bake on a greased tin about  $\frac{1}{2}$  hour. When half done brush over with milk beaten up with sugar.

94.

**Avon Cakes.**

1 lb. Flour.	4 ozs. Lard.
4 ozs. Sugar.	4 ozs. Currants.
2 teaspoonfuls B. Powder.	Salt and Milk to mix.

Add baking powder and salt to the flour, rub in the lard, add the sugar and currants and as much milk as will mix it to a stiff paste. Make it into small buns, cut across the top with a knife, and bake on a greased tin for 20 minutes in a quick oven.

95.

**Oatmeal Biscuits.**

6 ozs. Oatmeal.	5 ozs. Flour.
3 ozs. Lard.	3 ozs. Sugar.
1 teaspoonful B. Powder.	1 Egg.
1 tablespoonful Milk.	

Mix the meal, baking powder and flour together, rub in the lard, now add sugar, beaten egg, and lastly, the milk, roll out on a board, cut into biscuits and bake in a greased tin 15 minutes.

Sponge

11 September

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96. **Whole Meal Biscuits.**

2 lbs. Whole Meal.	$\frac{1}{2}$ lb. Lard or Butter.
1 oz. Ground Ginger.	6 ozs. Sugar.
1 lb. Treacle.	2 Eggs.
1 teaspoonful B. Powder.	

Add the baking powder to the meal, rub in the butter, add the ginger and sugar. Beat the eggs and add them, then the treacle hot. Mix all well together, roll out, cut into biscuits and bake in a moderate oven.

**SAUCES, &c.**97. **Melted Butter.**

$\frac{1}{2}$ oz. Butter.	$\frac{1}{4}$ teaspoonful Salt.
$\frac{1}{2}$ pint Milk or Milk and Water.	$\frac{1}{2}$ oz. Flour.

Melt the butter in a pan, add the flour and stir it well into the butter. Now add the milk very gradually. Stir over the fire until it boils. Add the salt.

98. **Onion Sauce.**

Peel and boil two large onions until quite tender, then chop them finely. Make the melted butter as above and add the onions, pepper and salt, let it boil up and it is ready.

99. **Parsley Sauce.**

The same as above, only add 1 tablespoonful of finely chopped parsley instead of the onions.

100. **Mint Sauce.**

2 tablespoonfuls Mint (chopped).	$1\frac{1}{2}$ tablespoonfuls Sugar. About a gill of Vinegar.
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Wash the mint and dry it carefully, chop very finely. Put all into a tureen sometime before using. If liked thinner add more vinegar.

101. **Bread Sauce.**

2 ozs. Bread Crumbs.		$\frac{1}{2}$ pint Milk.
1 small Onion.		1 Clove.
$\frac{1}{2}$ oz. Butter.		$\frac{1}{4}$ teaspoonful Salt.

Put the onion with the clove stuck in it into a pan, simmer until the onion is tender, strain on to the crumbs and butter, add salt, return to the pan and stir until it thickens.

102. **Cheese Omelet.**

$\frac{1}{4}$ lb Cheese.		1 Egg.
$\frac{1}{4}$ pint Milk.		Pepper and Salt.

Chop the cheese finely, beat the egg, add the milk to it, stir both well into the cheese. Grease a pie dish with some butter, pour in the mixture and bake 20 minutes.

103. **Macaroni Cheese.**

4 ozs. Macaroni.		4 ozs. Cheese.
1 oz. Butter.		1 oz. Flour.
$\frac{1}{2}$ pint Milk.		Pepper and Salt.

A few Browned Bread Crumbs.

Throw the macaroni into a pan of boiling water, add salt and stir occasionally for the first 10 minutes, boil for about  $\frac{3}{4}$  hour, drain all the water from it. Melt the butter in a pan, add the flour, then the milk, and stir over the fire until it boils. Now add the macaroni, cheese (finely chopped), and seasoning, turn into a greased pie dish, put the crumbs on the top, and put in the oven until quite hot.

104. **Buttered Eggs.**

2 Eggs.		2 ozs. Butter (1 oz. butter
1 tablespoonful Milk.		to each egg).
Some Buttered Toast.		Salt and Pepper.

Beat the eggs, and add the seasoning and milk to them. Melt the butter in a pan, stir the egg into it, and keep stirring until stiff enough to stand on toast.

105. **Stewed Tripe.**

2 lbs. Tripe.		1 pint Milk.
3 Onions.		1 small teaspoonful Flour.
		Salt.







Place an old plate in a pan, add the onions peeled and the milk and tripe, bring to a boil and simmer for 1 hour. Mix the flour with a little cold milk, stir the hot milk on to it, stir until it boils, cook well, chop the onions finely, add to the sauce, add salt, and dish up with the sauce over it.

### 106. **Tripe in Batter.**

Wash the tripe, cut in squares, and dip in batter, fry a nice brown.

#### BATTER.

1 oz. Bread Crumbs.		2 ozs. Flour.
1 Egg. Salt.		$\frac{1}{4}$ to $\frac{1}{2}$ pint Milk.

### 107. **Baking Powder.**

7 ozs. Fine Ground Rice.		6 ozs. Carbonate of Soda.
5 ozs. Tartaric Acid.		

Have all the things very dry, and mix them well together, pass through a fine sieve or strainer, and be careful to get out all the lumps.

### 108. **Clarifying Dripping.**

Put the dripping you wish to clarify into a pan, now pour cold water on, let it melt, and pour it off into a basin, and when quite set the water will be at the bottom under the fat. Remove the cake of fat and scrape it well underneath. If you wish to use it for frying, it is best to melt it again and allow it to get cold to ensure all the water is out.

### 109. **Beans and Bacon.**

$\frac{1}{2}$ lb. Haricot Beans.		$\frac{1}{2}$ lb. Bacon.
1 Onion.		Pepper and Salt.

Soak the beans all night in cold water, place them in a pan, add the onion and simmer for 2 hours, or until quite tender without being broken. Fry the bacon in slices, and after taking it from the pan, fry the beans in the fat, adding pepper and salt. Place the beans in the centre of a dish with the bacon round.

## INVALID COOKERY.

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110.

### Beef Tea.

1 lb. Lean Beef.  
Salt to taste.

1 pint Cold Water.

Cut the meat into very small pieces, taking away all the fat and skin, place it in a jar and add the water, let it stand 1 hour to draw out the juices. Place the jar inside a pan half full of boiling water and cook for 1 hour or longer, or put it in a very slow oven and simmer very gently, never allow it to boil. Strain and season to taste.

111.

### Custard Pudding.

1 Egg.

1 teaspoonful Sugar (small).

$\frac{1}{4}$  pint Milk.

A little Salt.

Beat the egg, add the sugar and a very little salt, beat well together, add the milk and mix well. Butter some small cups or moulds, pour the mixture into them, cover with buttered paper and steam very slowly for 20 minutes. If quickly steamed the custard will be full of holes.

112.

### Invalid's Pudding.

$\frac{1}{2}$  pint Milk.

1 large teaspoonful

Arrowroot.

1 Egg.

Small piece of Lemon Rind  
(cut very thin).

1 teaspoonful Sugar.

Put the milk and lemon rind into a pan and let it get hot, mix the arrowroot to a smooth paste with a very little cold milk. When the milk has come to a boil, remove the lemon rind and pour it on to the arrowroot. Put in the sugar and let the pudding cool. When cold, stir in the beaten yolk of the egg. Beat the white until quite stiff, and stir lightly in the last thing. Bake for a few minutes a nice brown.

113.

### Oatmeal Gruel.

2 tablespoonfuls Oatmeal.

1  $\frac{1}{2}$  pints Boiling Water.  
Salt.

Mix the meal with a little cold water, pour the boiling water on, return to the pan, stir until it boils, and let it simmer slowly for  $\frac{3}{4}$  hour. If more water is needed add boiling, the gruel may also be made of milk.

114.

**Arrowroot.**

1 teaspoonful Arrowroot.		A breakfastcup of Boiling
A pinch of Salt.		Water or Milk.
Sugar to taste.		

Mix the arrowroot to a smooth paste with a little cold milk or water, pour on the boiling milk stirring all the time until the cup is full. If wine is to be added use water.

115.

**Barley Water.**

3 ozs. Pearl Barley.		1 quart Water.
Thin rind of $\frac{1}{2}$ Lemon.		

Wash the barley well in hot water, place it in a pan with the quart of water, add the lemon rind, bring to a boil and simmer for 2 hours. Strain, and if liked, add sugar and lemon juice, and when cold the water is ready. It should be the consistency of good cream.

116.

**Linseed Tea.**

1 quart Cold Water.		$\frac{1}{2}$ tablespoonful whole Linseed
6 raisins (any kind).		$\frac{1}{2}$ stick Liquorice.

Put the ingredients into a pan with the water, bring to a boil, and simmer slowly for 2 hours, stir occasionally. When done, strain through muslin. To be used when cold, a wineglassful at a time.

117.

**Apple Water.**

4 Apples.		2 ozs. Loaf Sugar.
$1\frac{1}{2}$ pints Water.		$\frac{1}{2}$ Lemon (thinly pared rind).

Wipe the apples, slice them into a jug, add the lemon peel and sugar, pour on the water (boiling), allow it to stand until cold, strain the water and it is ready.

118.

**Lemonade.**

1 Lemon.		$\frac{3}{4}$ pint Boiling Water.
3 ozs. Loaf Sugar.		

Peel the lemon *very* thin and put the peel into a jug, add the sugar and the juice, pour on the boiling water, let it stand until cold, strain and it is ready.

119.

**Chop for Invalid.**

A. Loin Chop.

Trim away all the fat but a thin strip, roll if possible, dip into boiling water for a minute, cook over a clear fire from 10 to 15 minutes, turn every two minutes.

120.

**Lemonade (2).**
 $\frac{3}{4}$  lb. Sugar.  
 1 Lemon.

 $\frac{1}{2}$  oz. Tartaric Acid.  
 1 quart Boiling Water.

Peel the lemon very thinly and place the rind in a jug, add the juice, the sugar and tartaric acid, pour on the boiling water and let it stand until cold.



RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

Pressmark:

Binding Ref No: 1671

Microfilm No:

Date

15/10/96

Particulars

Chemical Treatment

Fumigation

Deacidification

Spray (Methyl)

Lamination

Solvents

Leather Treatment

Adhesives

Remarks

